

FOUNDATION
ORENDA

WWW.ORENDAFOUNDATION.ORG

DRAMA SKILLS FOR YOUTH WORKERS

Training course

Level up your work with new methods
and build your confidence through theatre:

IMAGE

FORUM

PHYSICAL

IMPROV



ABOUT THE PROJECT



The project will take place in **Bansko, Bulgaria (25-31st of May)**



24th of May and 1 of June are **travel days!**



This training will include **24 participants from 6 countries**

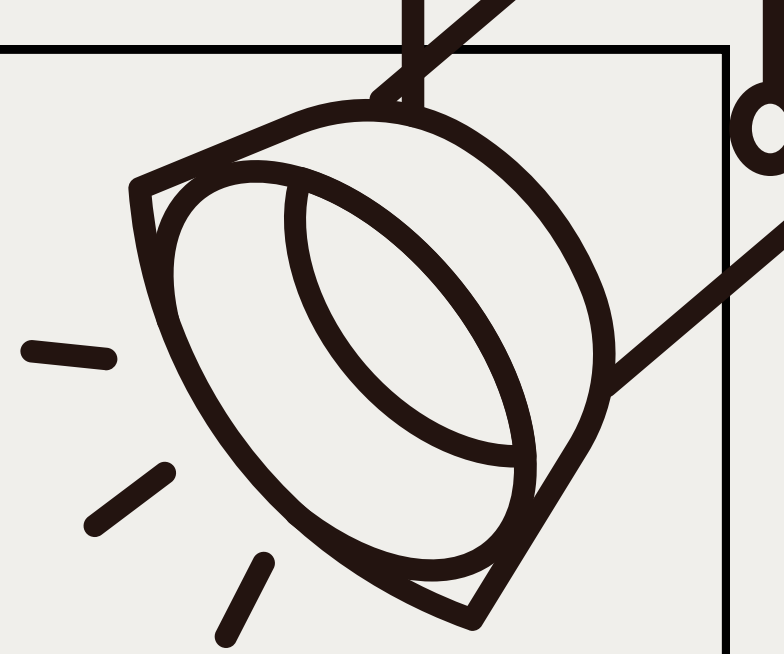
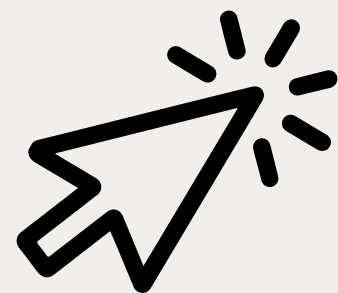




PARTICIPANTS' PROFILE

Youth workers and peer educators over **18 + years**.
Minimum **6 months** of experience.

To **apply**, please complete **this form** by **5th of April**.





05



APRIL



05-15



APRIL



1-15



MAY



25-31



MAY

Deadline to
apply

Interviews
& Final
Selection

Preparatory
meetings

Training
days

WHAT YOU WILL LEARN

Objective n° 1

Explore drama-based methods for youth work, including **impro** theatre, **physical expression**, **storytelling**, and **participatory** theatre techniques.

Objective n° 2

Develop practical skills in using **body** and **voice**, **facilitating** group processes, and creating **safe** and **engaging** learning environments.

Objective n° 3

Gain hands-on experience in **image** and **forum** theatre, and build **confidence** in applying **drama tools** for reflection and youth engagement.





Bansko



Bansko is a small beautiful town at the foot of the **Pirin Mountain**. It has a population of 10 000 inhabitants.

The weather in May is warm and pleasant, perfect for enjoying the spring season. The mountains are full of life!



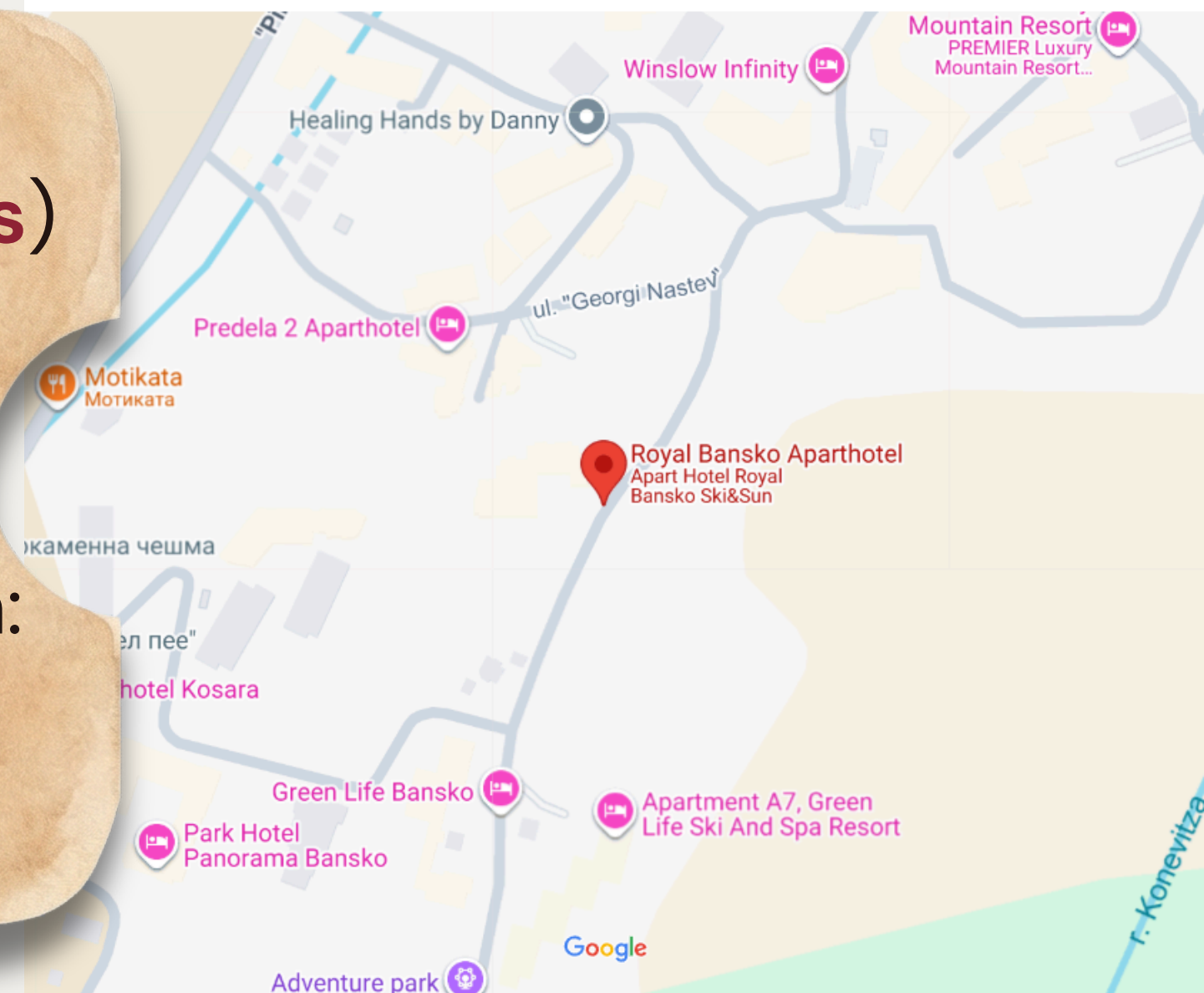
ACCOMMODATION & MEALS

Accommodation in **3-person** apartments
(each apartment has **2 rooms, individual beds**)

Royal Bansko hotel

<https://www.royalbansko.bg/>

All meals are provided at the accommodation:
full board/buffet



TRAVEL ALLOWANCE



Italy: 309 EUR (non-green) and 417 EUR (green travel)

Poland: 309 EUR (non-green) and 417 EUR (green travel)

Greece: 285 EUR (green travel)

N.Macedonia: 285 EUR (green travel)

Romania: 285 EUR (green travel)

Green travel is **strongly encouraged!** Expenses we cover (overnight stays, gas invoices, train/bus tickets, toll taxes, car insurance etc).

Reimbursement will be made **by bank transfer** to each participant after presenting scanned copies of **all documents** upon return to home countries.

TRAVEL DETAILS

From the airport to Sofia Central bus station:

- Take the **subway**. Take **M4**

From Sofia Bus Station to Royal Hotel Bansko:

- Take a **bus** from Sofia Central Station to Bansko bus station.

We can help you with the **bus reservation**:

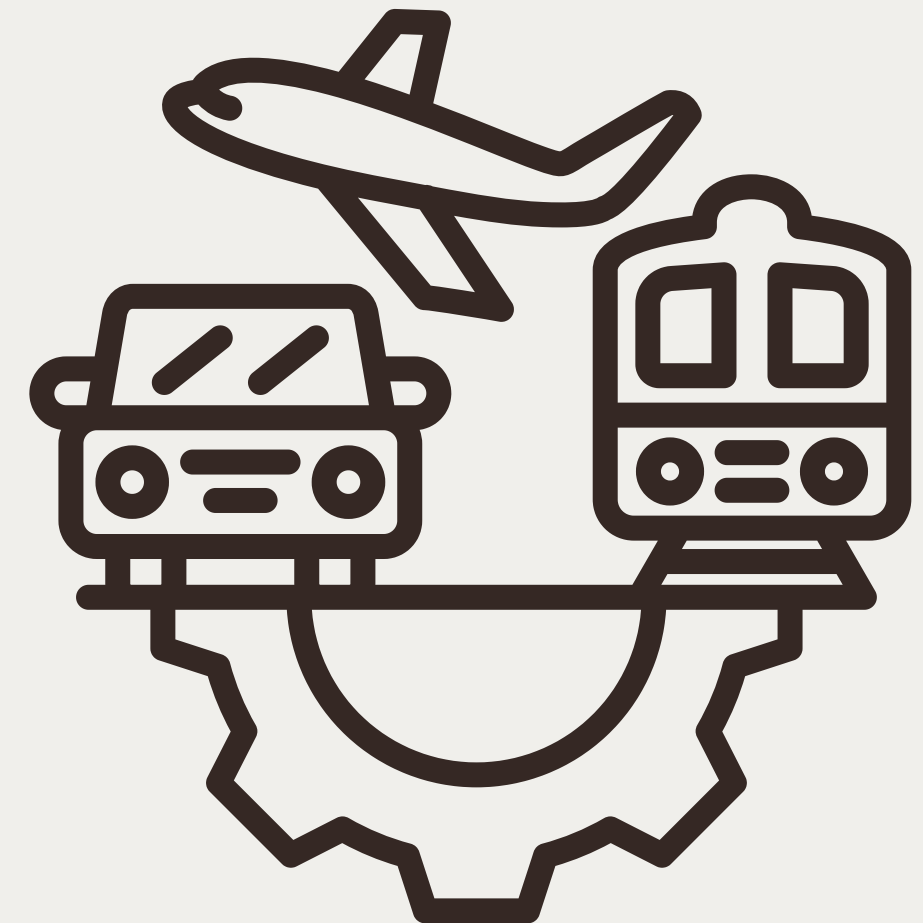
- <https://www.busexpress.bg/bg/destination/sofia/bansko>

Bus hours are:

-

From Bansko bus station to the accommodation:

-





INTERCULTURAL EVENING

🤝 We will hold an intercultural evening where every country will present their **culture** through traditional food, drinks, dances, music and traditions.

🍽️ You don't need to bring a lot of things, we will hold this event after dinner. Take something homemade or unique for your country.

⊗ Hard alcohol is **forbidden**.

OTHER DETAILS

Weather forecast: It is spring time in Bansko in this period but as we are at the mountainside, it can be cold. Check the forecast a few days in advance and prepare appropriate clothes and shoes.

Insurance: Please make sure you have applied for and carry your European Health Insurance card with you as Medical insurance for other EU countries. EHIC entitles you to receive emergency and urgent (medical and dental) care during your stay in the Member States of the European Union and you can obtain it free of charge in your home country.

Eco-friendly: we are trying to have an eco-friendly project, so would really appreciate it if you can bring:

- a favourite cup/mug from home
- a reusable water bottle that you can refill with tap or mineral water
- your own towel to be more sustainable
- a notebook to take notes (if you like taking notes)

OTHER DETAILS

Closest airports: Sofia

Currency: in Bulgaria is Euro

Public transport in Sofia is reliable and cheap. We recommend taking the subway as it's the fastest way to travel within the city.

If you must take a **TAXI**, consider that you have to **order it in advance** and wait a considerable amount of time for your order to be received and taxi sent (*the taxi won't appear in 2-3 minutes*). **We do not recommend** taking taxis that are "hunting for tourists" outside of the airport. If you need any help with inner country transport, our coordinator Mariela will support you in the process.

We encourage you to **purchase your ticket Sofia- Bansko** (if you will need one) in advance not avoid the situation where there are no tickets left at your arrival.

CONTACTS

*If you have any questions,
please **contact us** at
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+359 896 807 605*

